

# My Health Rewards by Medica®

## JOURNEYS®\* – HELPING YOU DEVELOP HEALTHY NEW BEHAVIORS

Take a Journey to better health! Journeys are interactive online activities that focus on health topics. Each Journey can last 4-6 weeks, depending on your unique path. You pick your Journey topic and as you succeed in completing the steps in your Journey, you'll unlock small celebrations such as challenges and badges.

### How to pick and complete a Journey

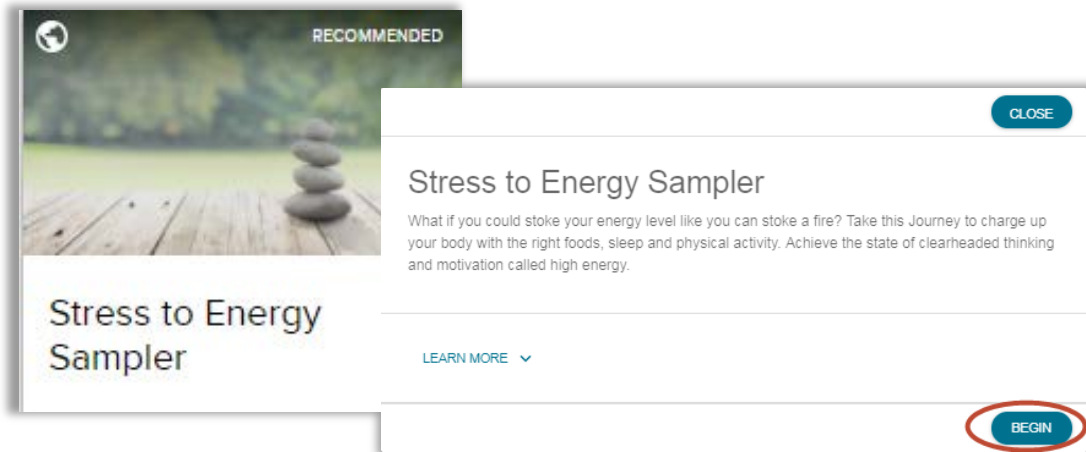
On your My Health Rewards homepage, click on *Topics* or scroll down to the *Find a Journey that's right for you* section and click on the *SEE WHAT'S POSSIBLE* button.

If you have completed the Compass®\* health assessment, the site will identify and recommend Journeys that may be of interest to you. If you have not completed Compass, some Journeys that have been popular with other users will be recommended for you.

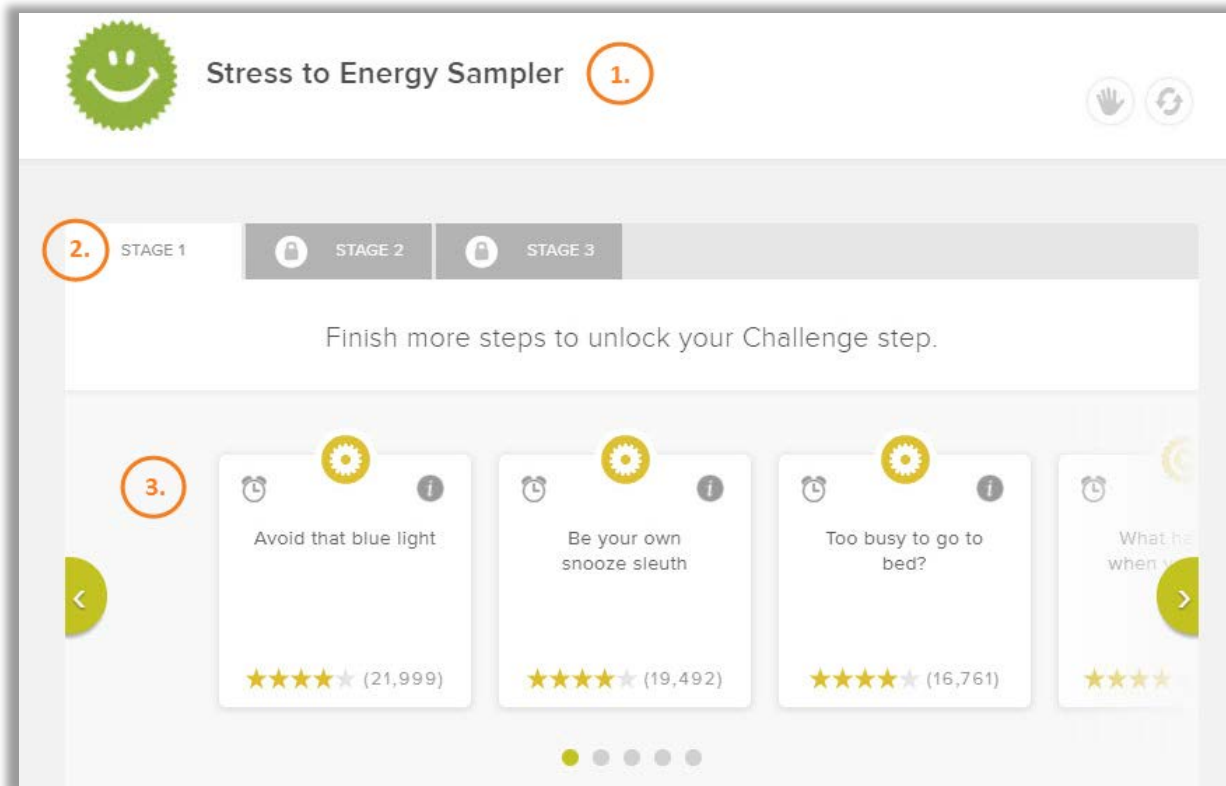
To view all Journeys, scroll through the list of Journeys on the page or sort by topic on the left menu.

The screenshot displays the My Health Rewards website interface. At the top, there are navigation tabs for HOME, TOPICS, and REWARDS. Below these is a dropdown menu labeled "Suggestions For You" with an upward arrow. Underneath, five circular icons represent different health topics: "Eat Healthier" (fork and knife), "Get Active" (person running), "Get Financially Fit" (hand holding a coin), "Keep Stress In Check" (waves), and "Sleep Better" (pill). Below this is a section titled "Results 77 activities" with a "Sort By Recommended" option. On the left, there are filters for "Ways to Engage" (Online, On the Phone, Journeys) and "Topics" (Lifestyle, Financial well-being, Healthy eating, Healthy Family, Physical fitness, Sleep). The main content area shows a grid of six recommended Journey cards, each with a "RECOMMENDED" badge and a globe icon. The cards are: "Compass" (hands holding a smartphone), "Peak Performance Mind" (person on a beach chair), "Smart Snacking" (broccoli and smoothie), "10 Minutes a Day to Stress Less" (stacked stones), "Fitness to Go" (person doing a yoga pose), and "Stress to Energy Sampler" (stacked stones).

Select the Journey you want to take and click on the *BEGIN* button.




Take a look at a Sample Journey:



1. Here is the Journey you've selected. This is where you can stop and restart the Journey.
2. Journeys typically consist of 2, 3 or 4 Stages. Complete each Stage to finish your Journey.
3. Journeys have many Steps to choose from and you don't need to do all the steps you see. Most people choose 4-6 Journeys steps per Stage. Each Step provides information for completion and may ask you to commit to an action

Complete Steps → Complete Stages → Complete your Journey

Some Steps can be completed immediately while others may require a day or two to finish. Email reminders help you keep track of your progress. Don't rush it! Take your time, have fun, and find yourself making healthy changes along the way.



### Too busy to go to bed?

Replace one thing with sleep

Take a close look at what you're doing at night.

Are you working, doing chores, exercising or socializing? On the computer or watching TV? How much time do you spend winding down?

Use this chart to log your activities for one week. Pay special attention to things you do to power down. What activity could you cut to make room for more sleep?

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7-8 p.m.							
8-9 p.m.							
9-10 p.m.							
10-11 p.m.							
11-12 a.m.							

Your assignment: Log your activities after 7 p.m. for one week.

WHAT WOULD YOU LIKE TO DO?

Commit to this step

**Email/Text Reminder**  
Every day at 10:00 p.m. to your email  
[Change Reminder](#)

**COMMIT**

< OR CHOOSE ANOTHER STEP

### After you've completed your Journey

Find another interesting health topic and take another Journey. You can earn 50 points for every Journey you complete, up to 300 points per year. Health improvement can be fun and rewarding. My Health Rewards Journeys provides you with a set of personalized resources that motivate and challenge you to make healthy changes in your life.

**Go to your member website, [mymedica.com](http://mymedica.com), and click on the Health & Wellness tab to get started.**

Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Submit a question to [medica.com/healthandwellnessquestions](http://medica.com/healthandwellnessquestions) or call Medica Customer Service at 952-945-8000 for information on available reasonable alternative standards and we will work with you (and, if you wish your physician) to find a wellness activity with the same reward that is right for you in light of your health status.